



Discharge Instructions

CONTRACTIONS “RULE OUT LABOR”

The 5-1-1 Rule — Contractions are 5 mins or less apart, each contraction is lasting at least 1 minute, and they have been happening for at least 1 hour. I would add that the contractions should make you uncomfortable. If you can talk through a contraction with no hesitation or pause, it's probably not the contractions that's going to cause active labor.

It's not in common to patients, especially first time moms, to come to OB Triage several times towards the end of the 3rd trimester with complaints of contractions.

A few things you can do prior to coming to the hospital is

- Make sure you are hydrated. You should consume, minimally 8 glasses of water daily.
- Take a warm bath, and rest.
- Take some Tylenol. (Follow the instructions on the bottle.)

If you have done all things listed above and the contractions remain every 3-5 mins or more frequent for at least 1 hours, with moderate to severe pain. I would advise going to the Labor and Delivery dept at the hospital that you plan to deliver.

ALSO KEEP IN MIND, ANY TIME YOU THINK YOUR “WATER BROKE”, WHETHER IT’S A BIG GUSH OR A SMALL TRICKLE, YOU NEED TO GO TO LABOR AND DELIVERY (AT THE HOSPITAL IN WHICH YOU PLAN TO DELIVER) IMMEDIATELY. DO NOT PASS GO, DO NOT COLLECT \$200.